

Anxiety Toolbox Workshops

Join us in-person in Commons 318

Wednesdays February 19, 26 and March 5

2 - 3 p.m.

No pre-
registration
or intake
required!



For more information
visit our myUMBC
events page!



- Session 1- Understanding anxiety
- Session 2- Managing anxious thoughts
- Session 3- Developing alternative responses to anxiety



RETRIEVER
INTEGRATED
HEALTH

All RIH services are LGBTQIA2S+ friendly and are welcoming to all diverse populations.

If you need accommodations for a disability, please contact swill1@umbc.edu at least one week prior to the start of the workshop.